

# MILWAUKEE COUNTY



## MEALS ON WHEELS

## FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <b>MyPlate.gov</b></div> <div>♥ = DIABETIC DESSERT</div>	Sweet & Sour Pork <b>1</b> w/Peppers & Pineapple Brown Rice Pea Pods Whole Grain Bread Snickerdoodle Cookie ♥ Applesauce	Creole Chicken Breast <b>2</b> Seasoned Red Beans and Rice Bahama Vegetables 🍹 Fruit Punch Poppy Seed Roll Fruit Fluff	Stuffed Cabbage Roll <b>3</b> Mashed Potatoes Harvard Beets Dinner Roll Chocolate Pudding ♥ Banana	Mediterranean <b>4</b> Baked Cod Hashbrowns Broccoli Marble Rye Bread Orange
Grilled Quarter Pound <b>7</b> Frank/Bun Ketchup & Mustard Baked Beans American Potato Salad Rice Krispie Treat ♥ Apple	Sliced Turkey & Gravy <b>8</b> Sesame Bun Tater Tots Braised Cabbage 🍏 Apple Juice Blueberry Yogurt	Hungarian Goulash <b>9</b> Buttered Noodles Sunshine Carrots 7-Grain Bread Cottage Cheese Fresh Peach	Teriyaki Chicken <b>10</b> Blended Rice Oriental Vegetables Multi-Grain Dinner Roll Mandarin Oranges w/Pineapple	Vegetable Lasagna <b>11</b> Green Beans Garlic Bread 🍷 Juice Oatmeal Raisin Cookie ♥ Raisins
<b>VALENTINE'S DAY</b> <b>14</b> Cranberry Meatballs Roasted Potatoes Creamed Spinach Vienna Dinner Roll Valentine's Day Treat ♥ Orange Juice	<b>Spring Primary Election</b> <b>15</b> BBQ Boneless Pork Loin Macaroni & Cheese Winter Vegetables Multi-Grain Bread Diced Pears	BBQ Chicken <b>16</b> Leg/Thigh Baked Potato Sour Cream Mixed Greens/Ranch Cornbread Muffin Cinnamon Apple Slices	Grilled Burger <b>17</b> w/Mushrooms & Swiss Whole Grain Bun Baby Bakers Peas Chocolate Chip Cookie ♥ Grapes	Baked Fish <b>18</b> Lemon Sauce Au Gratin Potatoes Dilled Carrots Rye Roll Sugar Cookie ♥ Banana
Turkey à la King <b>21</b> Wild Rice Blend Chef's Vegetables Buttermilk Biscuit Peanut Butter Cookie ♥ Fruit	Yankee Pot Roast <b>22</b> w/Celery, Onions, Gravy Parslied Potatoes Wisconsin Vegetables Sourdough Bread Dutch Apple Pie ♥ Apple	Italian Sausage <b>23</b> Marinara Sauce Hot Veggie Pasta Italian Green Beans Crusty Roll 🍷 Cran-Apple Juice Clementine	2 Soft Beef Tacos <b>24</b> Flour Tortillas, Sour Cream Cheese, Lettuce, Tomato Refried Beans Southwest Style Corn Choc-Iced Banana Cake ♥ Tropical Fruit	Chicken Primavera <b>25</b> Penne Pasta Alfredo Brussels Sprouts Tossed Salad w/Dressing Italian Bread Fresh Pear
Glazed Ham Steak <b>28</b> Double Baked Potato Casserole Country Style Veggies 7-Grain Bread Pineapple Tidbits	<div><div></div><div><div></div><div><b>MEALS ON WHEELS</b> <b>414.358.6527</b></div></div><div><div>Suggested Contribution</div><div><b>\$3.00</b> 60+</div><div></div></div></div>			

View Menus Online! [county.milwaukee.gov/aging/diningmenus](http://county.milwaukee.gov/aging/diningmenus) · Senior Dining Office: 414-289-6995

# Glaucoma

## What is it?

Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.

Most common form: Primary open-angle



## What are the numbers?

**2.7 million people**  
in the U.S. have **glaucoma**



**50%**  
KNOW

**50%**  
DON'T KNOW

By **2030**,  
**4.2 million people**  
in the U.S. will have **glaucoma**



## Who's at higher risk?

**African Americans 40+**

**Everyone 60+**  
especially **Mexican Americans**



**with a  
Family history of glaucoma**

## What to do?



Get a comprehensive  
dilated eye exam  
every 1-2 years

Early detection and  
treatment can help  
save your sight



## Where can I learn more?



Visit

<http://www.nei.nih.gov/glaucoma>

Source: National Eye Institute, 2013

## AFRICAN AMERICANS and Eye Health: Glaucoma

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

### GLAUCOMA

Glaucoma is a group of eye diseases that can damage the optic nerve. Glaucoma affects side or peripheral vision first. African Americans are at higher risk, starting at a younger age.



**How can  
you focus on  
your vision?**

If you are 40 or older,  
have a comprehensive  
dilated eye exam  
every 1 to 2  
years.

**MORE THAN  
520,000  
AFRICAN AMERICANS  
HAVE GLAUCOMA.**

**MAY EXCEED  
860,000  
BY 2030**

## HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

**1** Get regular  
comprehensive  
dilated eye exams.

**5** Control your  
diabetes.

**2** Know your  
family's eye  
health history.

**6** Quit smoking  
or never start.

**3** Maintain a  
healthy weight.

**7** Wear sunglasses  
when outside.

**4** Eat a nutritious  
diet.

**8** Wear protective  
eyewear.

For more information about eye health, visit  
[www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma)



National Eye Institute



National Eye Health  
Education Program  
**NEHEP**  
A program of the National  
Institutes of Health